

Artichokes with Garlic Dip (recipe from www.5aday.gov)

Ingredients:

- ♣ 1 cup plain low-fat yogurt
- ♣ 1 Tbsp each of: chopped parsley and chives
- ♣ 2 tsp chili sauce
- ♣ 2 cloves garlic, minced
- ♣ 1/8 tsp pepper
- ♣ 4 artichokes (medium), prepared and cooked

Preparation Time: 15 minutes

Directions:

Combine all ingredients except artichokes; blend well. Refrigerate until serving. Serve with cooked artichokes.

Serves: 4 people

Nutrition:

Nutrition Facts	
Artichokes with Garlic Dip	
Serving Size 1/4 of recipe	
Amount Per Serving	
Calories 130	Calories from Fat 5
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% Daily Value (DV)*	
Total Fat 1g	1%
Saturated Fat 0g	0%
Cholesterol 5mg	2%
Sodium 380mg	16%
Total Carbohydrate 28g	9%
Dietary Fiber 11g	44%
Sugars 9g	
Protein 11g	
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Vitamin A	8%
Vitamin C	40%
Calcium	20%
Iron	15%
* Percent Daily Values are based on a 2,000 calorie diet.	

Diabetic Exchange**

Fruit: 0 Vegetables: 4 Meat: 0 Milk: 0 Fat: 0 Carbs: 0 Other: 0

** Diabetic exchanges are calculated based on the American Diabetes Association Exchange System. This site rounds exchanges up or down to equal whole numbers. Therefore, partial exchanges are not included.

This recipe provides **1.0** fruit and vegetable servings per person.